

MILWAUKEE COUNTY SENIOR DINING

LGBT COMMUNITY CENTER

315 W. COURT STREET
FOR CURBSIDE PICK-UP

MAY



MILWAUKEE COUNTY
Department on Aging



MKE LGBT
COMMUNITY CENTER
Be yourself

DINNER PLANS?

WEDNESDAY, MAY 26th

MENU

Glazed Ham Steak
Quartered Red Potatoes
Asparagus Tips & Cuts
Rye Bread
Pineapple Tidbits

WHO Anyone 60, or Older

WHAT Dinner Carry-Out 3:00 PM

WHEN Every 4th Wednesday

WHERE MKE LGBT Community Center

ADDRESS 315 W. Court Street

COST \$3.00 Suggested Contribution

RSVP Call 271-2656 by NOON
Tuesday, May 25th

JOIN US!



MILWAUKEE COUNTY
Department on Aging

Milwaukee County DHHS - Division on Aging
1220 W. Vliet Street, Suite 302 Milwaukee, WI 53205
county.milwaukee.gov/aging

Menus Online! Milwaukee County DHHS - Division on Aging: county.milwaukee.gov/aging • Senior Dining Office: 414.289.6995

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



Communities of Strength



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



BUILD NEW SKILLS



Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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